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8-27-2012

Melons

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Recommended Citation

Spackman, Amanda; Fox, Jillian; and Nafziger, Alanna, "Melons" (2012). *USU Student Organic Farm Newsletter*. Paper 59.

https://digitalcommons.usu.edu/student_orgfarm/59

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USU Student Organic Farm

August 27, 2012
Volume 3, Issue 17

Newsletter



Is it ripe yet?

Article by Jillian Fox

I've been helping harvest on the farm recently, and there seems to be a questions floating around that we've all been looking for the answer to... Is the watermelon ripe yet? For the answer, everyone seemed to have their own idea, and urban myths were definitely abounding. So I decided to do a little research to see what the good old Internet had to say about ripeness. Hopefully this will help you the next time you're in the grocery store, befuddled by the mound of melons to pick from.

- A ripe watermelon will feel very heavy for its size. As the melon becomes riper, its water content increases and so does its weight.
- The ground spot (where the melon grew on the ground) should be a creamy, light yellow in a ripe melon.
- A final test is to knock on the melon. If it sounds "deeper", it will be riper compared to a "soprano" sound.

Source: whfoods.com

Fruit Feature: Melons

Article by Amanda Spackman

Melons are one of the great rewards of fall harvest. It's like a gift from your garden thanking you for all the sweat and muscle you've put into it through the summer. I doubt any of you are struggling to come up with something to do with your melons, because they're just so dang good on their own, but here are a few of my ideas. Cut into chunks, and eat. Cut into slices, and eat. Use a melon baller to make the flesh into balls, and eat. Okay, okay, I'll give you some real ideas, although I'm sure you don't need them. I decided to get a bit creative on this recipe, most of the recipes out there for melons are fruit salads of some kind, or one of my favorites, fruit lemonades. I decided to see how melons would taste in a little more savory recipe and tried this green cantaloupe salad recipe. The combination of sweet and tangy is one of my favorites, I love the way the flavor of a summer dessert can be deepened with the addition of greens, nuts, and a simple vinaigrette. It's beautiful too, the deep green of the spinach/arugula looks wonderful against the beautiful light orange cantaloupe. Try it if you need a change from your dessert melon, if not just keep enjoying your plain fresh melons as long as you can.

Cantaloupe, Red Onion and Walnut Salad

Recipe adapted from Giada's Kitchen

ORANGE VINAIGRETTE:

¼ cup orange juice

1 tablespoon freshly squeezed lemon juice

1 ½ tablespoons red wine vinegar

2 tablespoons extra-virgin olive oil

Salt and freshly ground black pepper

SALAD:

1 cantaloupe (about 3 lbs.), cut into 1-inch cubes

1 small red onion, thinly sliced

2 cups arugula or spinach

1 cup chopped walnuts

Directions

To make the vinaigrette: Combine fruit juices and vinegar in a small bowl. Slowly add olive oil, whisking until the mixture is smooth. Season to taste with salt and pepper.

To make the salad: Combine cantaloupe, onion, arugula and ½ cup of walnuts in large salad bowl. Pour dressing over salad and toss well.

Garnish with remaining walnuts.

Makes 4 to 6 servings.

On the Farm News

Announcements

**3 weeks of
harvest left!**

**Pumpkin Days is
on the 13th
October come
join us for a good
time.**

**Look for a lot of
potatoes the last
week of the CSA!**

Article by: Alanna Nafziger

The smell of fall is in the air! I think perhaps this is my favorite time of year although; it's always pretty hard to decide. My fingers are starting to go numb as I'm harvesting in the morning and the days are growing shorter and shorter. This means the first fall frost is right around the corner as well as the end of our wonderful time together as farm compatriots. There are only three more weeks of harvest! The veggies did not get the message and are just growing more vigorously and wildly than ever before. This means bigger and better shares than ever before! YEAH! That's all I've got for the week except to briefly mention that I really just can't stand grasshoppers.

Conquering the Bounty

Are any of you still having a zucchini problem? I know we featured a few yummy zucchini recipes a few weeks back, but this time of year I think we humans should fear that the zucchini might take over the world, it certainly is taking over my garden. I am a first time gardener this year, and as such, made a few gardening mistakes. The biggest mistake, I planted not one, but four zucchini plants. Four. I truly do enjoy zucchini basically anyway you slice it, but the 15-20 zucchini my garden has been producing eat week is just too much for my family of 2 to handle. I lamented my problem to my sister-in-law, and finally found at least a partial solution. The answer, is this zucchini crisp. I am a lover of summer fruit crisps with a little vanilla ice cream on the side, but zucchini? It sounded just a little to weird to me, but my sister-in-law swore the texture of the zucchini was similar to apples, and with the added spices the crisp was delicious. I decided to check it out, and was amazed by the results. Don't believe me? It's a 4 ½ star recipe, and if you're drowning in zucchini like me you can afford to experiment. See the Recipe below.

For more information about the USU Student
Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

Zucchini Apple Crisp

Recipe from Taste of Home

This recipe is pretty high in fat/sugar, but I didn't have time to experiment how it would turn out "lightened up," I think it's safe to say that you could substitute some wheat flour, and probably decrease the butter and sugar in the topping a tad.

Ingredients

8 cups cubed, peeled zucchini
¾ cup lemon juice
½ to ¾ cup sugar
2 teaspoons ground cinnamon
1 tsp ground nutmeg

Topping

1 1/3 cup brown sugar
1 cup old-fashioned oats
1 cup all-purpose flour
2/3 cup cold butter cubed

Directions

In a bowl, combine the zucchini, lemon juice, sugar, cinnamon and nutmeg; mix well. Pour into a greased 13x9 in baking dish.

For the topping combine brown sugar, oats, and flour in a bowl; cut in butter until crumbly. Sprinkle over zucchini mixture. Bake at 375 degrees for 45-50 minutes, or until bubbly and zucchini is tender. Yield: 12-15 servings